



Marinated Shrimp

1 medium red onion, chopped
1/2 cup fresh lime juice
2 tablespoons capers
2 tablespoons Dijon mustard
1/2 teaspoon hot sauce
1 cup water
1/2 cup rice vinegar
3 whole cloves
1 bay leaf
1 pound uncooked shrimp, peeled and deveined
lime zest as garnish

Combine the onion, lime juice, capers, mustard and hot sauce. Set aside.

Bring water, vinegar, cloves and bay leaf to a boil in a large sauce pan. Add shrimp. Cook for 1 minute, stirring constantly. Discard cloves and bay leaf. Remove shrimp and marinate in a shallow pan with the onion mixture in the refrigerator for an hour.

Garnish with lime zest and serve chilled. Makes 8 servings.

Nutrition information per serving: 69 calories, 12 grams protein, 3 grams carbohydrate, 200 mg sodium.

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